

January 2021

Looking Up

First Things First

Step One:

Admitted we were powerless over food and that our lives had become unmanageable.

Tradition One:

Our common welfare should come first; personal recovery depends upon OA unity.

Concept One: (Unity):

The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

Disclaimer

Personal stories express the experience, strength, and hope of the individual member and not of OA.

Thank you for your generous 7th Tradition Donations:

South Hills
Arlington Sat & Sun
New Beginnings
South Hills Tuesday

Tri-County Intergroup, Fort Worth, Texas

Information Line: 817-303-2888

NOW BEING HELD VIRTUALLY - STAY TUNED!!

Save The Date

March 19-21, 2021
Houston, Texas



Region III
2021 Spring Convention & Assembly

More information is forthcoming on registration and program schedule.

First Step

I remember the work and strain that went into believing that I was alright and the world was broken. I remember the pain of hiding my own feelings deep inside, lying to myself about what I really was. I remember the utter destruction at the moment I gave up trying and gave into my disease of compulsive overeating. I remember, and I smile because it was in this deep and utterly painful self-honesty that I found my way home to OA. It is easy these days to live one day at a time and work on my abstinence; not perfect, but a wonderful gift of progress rather than perfection. The sense of ease comes from the first gift of the program found in the most unlikely of places -the 1st Step. We admitted we were powerless over food-that our lives had become unmanageable. When I first read the words of the 1st Step, I saw only gloom and doom. But that was indeed what filled my heart and soul. I had reached into the depths of the dark abyss called a life and saw only pain. So why not take an onerous step that talked of powerlessness! Just about a perfect reflection of the failure that was me. Little did I know of the gentle hands guiding me so lovingly to this miracle. My first sponsor helped me beyond any possible repayment when he informed me that I was to read only the first word of the 1st Step. Then, after reflection, I was to attend to my next meeting to be given my next assignment. As the world fled by and my feelings continued to create whirlwinds in my mind; the word "WE" centered itself in the solid ground before me. I already knew the cataclysmic devastation of

"alone". I was given a gift of profound grace. WE are not alone and we do not need to fight the darkness by ourselves.

As the days of my new life continue to fill with grace and joy and even excitement, I fondly look back on that first moment of the miracle and the gifts given so freely by my brothers and sisters on the journey. The Self-Honesty of the 1st Step continues today in every aspect of my living. I no longer hide in shadows of fear and I remember the first lesson of the guide sent by my Higher Power to watch over me that first meeting. I am not alone and I need not be afraid.

A member of the Daily Reprieve Group

Step One – I had to admit that I was powerless over food and that my life was unmanageable. In 2008 I was at my heaviest weight ever. At that point I could not stick to any diet plan whatsoever. One of the crazy things I did with food was drive to multiple fast food places for one meal. I tried to tell myself other people do this too. It was humbling when I realized that what I was doing with food was insane. I had heard about OA a few years prior and had even attended a few meetings but the light bulb never went off. Like we say about attending meetings, I found out the seed had been planted and, when ready, I decided to find my meeting.

A 12 Step Friend
Bedford -OA Power Hour

STEP ONE

Powerless and Unmanageable

Tell someone about all my misdeeds from the past? You can't be serious. No one wants to hear about the horrible things I've done. They won't be able to stand it. I can barely tolerate remembering them. Many have haunted me for decades. Yet, I was determined to stay abstinent. That was the driving force behind my becoming willing to speak to another human being. Being abstinent had become the most important thing in my life since I found OA. So far, I had sincerely admitted how powerless I was. It took two seconds to assess my life as unmanageable. I definitely wanted sanity. I knew I was a control freak and now had to let God have control. I had no problem writing down my history in spite of the fact that my list was long and detailed. But, but, but...to let the words be verbalized? I had procrastinated for months. I called my sponsor. I took baby steps by telling her the "not so bad" stuff first. She just listened and listened as my view of the gravity of my wrongs took on larger proportions. This person was not gasping in disbelief. She did not confirm what I viewed as the severity of my wrongdoings. She just calmly conveyed that she heard what I said. Little by little I started to feel liberated. Finally, I knew I had to tell her the worst thing I ever did. The thing only 2 other people in the world knew about and the thing that had tormented me for 30 years. I did it. I verbalized this "atrociousness". She said, "God has already forgiven you for that." I couldn't stop crying because I believed her. The weight of the world had been lifted from my shoulders. I actually could accept and move on from my past. What a gift!

A member of South Hills Saturday
Writing, Steps and Literature

Who Belongs in OA?

In Overeaters Anonymous, you'll find members who are extremely overweight - even morbidly

obese - moderately overweight, average weight, underweight, still maintaining periodic control over their eating behavior, or totally unable to control their compulsive eating. OA members experience many different patterns of food behaviors. These "symptoms" are as varied as our membership. Among them are:

- Obsession with body weight, size and shape
- Eating binges or grazing
- Preoccupation with reducing diets
- Starving
- Laxative or diuretic abuse
- Excessive exercise
- Inducing vomiting after eating
- Chewing and spitting out food
- Use of diet pills, shots and other medical inventions to control weight
- Inability to stop eating certain foods after the first bite
- Fantasies about food
- Vulnerability to quick-weight-loss schemes
- Constant preoccupation with food
- Using food as a reward or comfort

Our symptoms may vary, but we share a common bond: we are powerless over food and our lives are unmanageable. This common problem has led those in OA to seek and find a common solution in the Twelve Steps, the Twelve Traditions and the eight tools of Overeaters Anonymous.

From January 2005 Looking Up Newsletter

Still Powerless and Unmanageable

When I realize that I am powerless over food and that my life is unmanageable, I must face the truth about the slogan: Abstinence delivers everything food promises. Food promises to give me peace, serenity, satisfaction, completion, happiness, confidence, the ability to face life, etc. etc. But what it really delivers is self-hatred, lack of control, physical diseases, lethargy, isolation, loneliness, desperation, fat, anger, resentment, etc. etc. So, if abstinence really delivers what food promises but does not deliver, I want abstinence. The reason abstinence delivers those things is because it is based on a God-directed life, not a self-directed life. And those things are only possible with God because He is their natural source. I am powerless over food and willing to abstain and work the steps one more day so, for one more day, I will live in all that abstinence offers me. I am grateful.

Kathy W.

“I am looking at my behavior with food. Am I willing, or am I still willing, to admit my powerlessness over food?”

Yes, definitely! I weigh and measure my food always at home – not so much when I eat out. I recognize portion sizes when I eat out and I am pretty good at stopping with approximate portions compared to what I eat at home. I still have no automatic “stop” button though! My life is much saner than it was before OA. I never want to go back.

Charra W.

I was listening to a phone meeting one morning that centered on our acceptance of powerlessness and desire to change. Someone sharing commented that they never considered it that they did not wish to stop eating; it was just that there was a perfectly reasonable explanation for why

they continued. I had such an explosion in my brain hearing this that I laughed till my side hurt. Of course I wanted to lose weight, of course I did not want to die early and leave my family, but for every time that To the Newcomer— Does this sound familiar to you? I went outside the lines of the current diet I was on there was a perfectly reasonable explanation in my mind to justify my behavior. Disease speaks so loudly and in the language that is most familiar to me that it is little wonder that only a spiritual experience can break through the safety net disease has created for itself and speak to my soul with encouragement and understanding. Only that spiritual connection that puts me in touch with that power greater than myself gives me the strength to utterly debunk the disease speaking in my brain. Now when I see those things, watch those beautiful desserts pass before me, think of why I need another portion of blah, blah, blah....I hear the voice that tells me how ridiculous my reasoning is and I stay on program. Realizing this miracle is humbling and wonderful and a daily add to my gratitude list!

Anonymous

Virtual Meetings

- Sunday** 4:30 pm South Hills Christian Church OA # 51282
Free Conference Call, dial 760-548-9061 No access code
For assistance, contact Jaclyn 817/996-8711 or Nancy 678/882-4488
- Sunday** 6:00 pm Epworth UMC, Arlington OA # 56964
From Zoom App, meeting ID# 394-680-626, Password: 183267
For assistance, contact Ashley 817/688-4563
- Monday** 6:00 pm Central UMC, Waco OA # 50529
From Zoom app, meeting ID# 288-451-3232, Password: 234156
For assistance, contact Beth 254/715-2521
- Tuesday** 12:00 pm (noon) South Hills Christian Church OA # 41132
Free Conference Call, dial 760-548-9061 No access code
For assistance, contact Jaclyn 817/996-8711 or Nancy 678/882-4488
- Tuesday** 6:30 pm Richland Hills OA # 51841
Dial in # 505-144-0847, Password: hope
For assistance, contact Andrea 717/614-9131
- Wednesday** 10-10:45am TENNIE, Shades of Hope
Zoom dial in #346-248-7799, meeting ID# 823 5702 0585, password 476552
- Wednesday** 11:00 am Whitney OA # 56299
This is a small group, presently 2 members and they use phone calls. For assistance, contact Cindy 214/600-1158
- Thursday** 12:00 pm (noon) Grapevine OA # 54878
From Zoom App, meeting ID# 202-154-656, Password: 1212
For assistance, text Judith 682/313-8484
- Thursday** 6:45 pm St Paul Lutheran – New Beginnings OA/HOW OA # 45896
From Zoom app, meeting ID# 863 0813 9163, Password: 678432
For assistance, contact Patrice 817/692-7180
- Thursday** 7:30 pm SHCC OA # 26280
From Zoom App, meeting ID# 922 016 4765, Password: ODAT2015
Phone number: 1 (346)-248-7799
For assistance, contact Amber 817/798-6289
- Saturday** 9:00 am SHCC OA # 46989
Free Conference Call, dial 760-548-9061 No access code
For assistance, contact Jaclyn 817/996-8711 or Nancy 678/882-4488
- Saturday** 11:00 am - 12:30pm CST - Harlan *Line by Line Big Book Study*
Dial In # 346-248-7799, meeting ID# 853-3089-5657, password 164758
Any questions, email: harlanbigbookstudy@gmail.com

Non-Real-Time (NRT) meetings are now available on the [Find a Meeting](#) module on oa.org. Go to <https://oa.org/find-a-meeting/?type=0> and click on the Non-Real-Time tab. Since NRT meetings do not have a specific day and time associated with it, you can search through the “Additional search options” by open/closed, language, special topic, and special focus.

Upcoming OA Events

[Dallas Area Virtual Meeting List](#)

[OA Virtual Region e-Workshop Series](#)

March 19-21, 2021 – Region 3 Spring 2021 Convention and Assembly: Let Your Recovery Bloom (virtual)

Tri-County Intergroup Meeting Dates for 2021:

1/9, 2/6, 3/6, 4/10 (workshop), 5/1, 6/5, 7/10, 8/7, 9/11, 10/2 (workshop), 11/6 (during retreat), 12/4, 1/8/22

SAVE
THE
DATES!

LOOKING FOR A FACE-TO-FACE OA MEETING?

Join us at City Point United Methodist Church
7301 Glenview Drive, North Richland Hills, 76180
We meet Tuesday evenings from 7:00-8:00 pm starting October 20th
Questions? Call Rachel at 817-595-3044

MASK REQUIRED

2021 TRI-COUNTY INTERGROUP BOARD

Chair:	Jackie H.
Vice-Chair:	Dana A.
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Secretary:	Rachel R.
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Workshop:	Charra W.
Web Master:	Ron C.
WSO Delegate:	(open)
Region 3 Rep:	Jackie H.

7th Tradition Donations

In this time of the unprecedented absence of face-to-face meetings of OA, the following information is provided to assist you in making 7th Tradition donations to support the primary purpose of spreading the message of recovery through the 12 Steps of OA to the compulsive eater who still suffers.

Whether you're donating to a group meeting, or if you are a guest, you may make your check/money order payable to "Tri-County Intergroup of OA" or Just "OA," and indicate which meeting is to receive your donation. Please mail your donation to Tri-County Intergroup of OA, P O Box 331703, Fort Worth, TX 76163. If you are making a donation for a group, please provide the name and location of your group, not just the group number.

RETREATS and
WORKSHOPS